## WHAT IS CLAIMED IS:

- A food product comprising at least one cocoa polyphenol and L-arginine in a combined amount effective to induce a physiological increase in nitric oxide production in a mammal
- 5 after ingesting the food product.
  - 2. A food product comprising (i) a procyanidin selected from the group consisting of cocoa, nut, or mixtures, wherein the amount of the procyanidin(s) are at least about 200 mg/ per 100 g of the food product, and (ii) L-arginine, wherein the amount of L-
- 10 arginine is at least about 0.9 g per 100 g of the food product.
  - 3. The food product of Claim 2, wherein the L-arginine is at least about 1.2 g per 100 g of the food product.
  - 4. The food of Claim 2, wherein the L-arginine is at least about 1.6 g per 100 g of the food product.
- 15 5. The food product of Claim 2, wherein the procyanidin(s) are at least about 300 mg per 100 g of the food product.
  - 6. The food product of Claim 3, wherein the procyanidin(s) are at least about 300 mg per 100 g of the food product.
  - 7. The food product of Claim 5, wherein the L-arginine is at
- 20 least about 1.6 g per 100 g of the food product.
  - 8. The food product of Claim 2, wherein the procyanidin is a cocoa procyanidin.
  - 9. The food product of Claim 2, wherein the procyanidin is acocoa procyanidin and a nut procyanidin.
- 25 10. The food product of Claim 2, wherein the procyanidin is a nut procyanidin.
  - 11. The food product of Claims 1, 2, 8, 9, or 10, wherein the L-arginine is provided by at least one food ingredient selected from the group consisting of nuts, legumes, seeds, and gelatin.
- 30 12. The food product of Claim 11, wherein the L-arginine-containing ingredient is a meat, a skin, a paste, or a flour from the nuts, the legumes, or the seeds.

- 13. The food product of Claim 12, wherein the nut is selected from the group consisting of peanuts, walnuts, almonds, hazelnuts, pecans, cashews and macadamia nuts; wherein the legume is soy beans; and wherein the seeds are selected from the group
- 5 consisting of sunflower seeds, sesame seeds, flax seeds, and pumpkin seeds.
  - 14. The food product of Claims 8 or 9, wherein the cocoa procyanidin is provided by at least one cocoa ingredient.
  - 15. The food product of Claim 14, wherein the cocoa ingredient
- is roasted cocoa nibs or fractions thereof, chocolate liquor, partially defatted cocoa solids, fully defatted cocoa solids, or mixtures thereof.
  - 16. The food product of Claims 1, 2, 8, 9, or 10, wherein the food product is a confectionery, a condiment, a baked good, a
- grain-based bar, a meal replacement bar, a beverage mix, a beverage, or a pet food.
  - 17. The food product of Claim 1, 2, 8, or 9, wherein the cocoa procyanidin is provided by a cocoa extract.
  - 18. The food product of Claim 17, wherein the cocoa extract is
- 20 present in an amount of at least about 25 mg per 100 g of food product.
  - 19. The food product of Claim 16, wherein the food product is a non-chocolate food product.
- 20. The food product Claim 19, wherein the non-chocolate food product is a peanut-based food product.
  - 21. The food product of Claim 16, wherein the food product is a chocolate food product.
  - 22. The food product of Claim 1 or 2, wherein the chocolate food product is a chocolate confectionery containing at least about 200
- mg of total procyanidins per 100 g of the chocolate confectionery and at least about 0.9 g of L-arginine per 100 g of the chocolate confectionery.

- 23. The food product of Claim 21, wherein the chocolate confectionery comprises a dark chocolate.
- 24. The food product Claim 21, wherein the chocolate confectionery comprises a milk chocolate.
- 5 25. The food product of Claim 16, wherein the food product contains nuts with skins, ground nut skins, or mixtures thereof.
  - 26. A pharmaceutical composition comprising cocoa and nut procyanidin(s), L-arginine, and a pharmaceutically acceptable carrier, wherein the procyanidin(s) and L-arginine are added in a
- 10 combined amount effective to provide a cardiovascular benefit in a mammal after the composition is ingested.
  - 27. A pharmaceutical composition comprising cocoa and nut procyanidin(s), L-arginine, and a pharmaceutically acceptable carrier, wherein the procyanidin(s) and L-arginine are added in a
- 15 combined amount effective to act as a nitric oxide or nitric oxide synthase modulating agent in a mammal after the composition is ingested.
  - 28. The composition of Claim 26 or 27, wherein the procyanidin(s) are procyanidin(s) present in an amount between 10
- 20 mg to about 5 g per unit dose and wherein the L-arginine is present in an amount of about 100 mg to about 30 grams per unit dose.
  - 29. The composition of Claim 28, wherein the procyanidin(s) are 25 mg to 3 g and the L-arginine is 0.5 g to 10 g.
- 25 30. The composition of Claim 26 or 27, wherein the cocoa procyanidin(s) are the pentamers to the nonamers.